



Omaha World-Herald

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VITAMIN D AND CALCIUM

Experts rebuke report casting doubt on link to bone health

By Rick Ruggles
WORLD-HERALD STAFF WRITER

The relationship between vitamin D and calcium and bone health continues to cause conflict among researchers, most recently with a Chinese study that found no significant link between supplements and bone fractures.

The study, described this week in the Journal of the American Medical Association, examined 33 clinical trials with 51,145 participants. The report said calcium and vitamin D supplements were “not associated with a significant difference in the risk of hip fractures” in older people.

One Creighton University scientist who has devoted much of his work to osteoporosis, bone health and vitamin D said the report will harm people. Dr. Robert Recker said nutritional studies are difficult to conduct and easy to get wrong.

Furthermore, a University of Nebraska Medical Center professor said, “there’s plenty of studies that have said the opposite” of the new report.

Recker, a Creighton professor of medicine and head of the Creighton Osteoporosis Research Center, said the report “is harmful to people’s health, and it’s going to result in fractures that might not

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DAYS LEFT TO DONATE

The Goodfellows 2017 campaign continues through Sunday. To be part of this year’s drive, make your donation online by that day or get your check in the mail in time to be postmarked Dec. 31.

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‘Important not to be ignorant’

Hindu Temple trip is a first for most in Central High class. **Midlands**

Countdown to New Year’s Eve

Still looking for something to do? We have some suggestions. **GO**

Creighton opens Big East play

For Top 25 game tonight at Seton Hall, Jays focus on rebounds. **Sports**

Omaha forecast

High: 23 **Low:** 7

Mostly cloudy **Details:** Page 6B

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WITH 3 SLAIN, TRAUMA STRIKES FAMILY AGAIN



KENT SIEVERS/THE WORLD-HERALD

Grandparents, high school senior are remembered as kind and loving people

By Kevin Cole
WORLD-HERALD STAFF WRITER

They were loving grandparents who seemingly never met a stranger. She was a successful student and the apple of her dad’s eye.

John and Jean Dalton and their granddaughter, Leonna Dalton-Phillip, were being remembered Wednesday for all the good things they brought to the world. The three were slain Tuesday in the Daltons’ home.

The Daltons’ own son, who previously spent time in prison for killing his wife, was arrested Wednesday on a first-degree murder warrant. John Dalton Jr., 46, was apprehended outside Jackson, Tennessee, and was being held in the Madison County Jail in that state Wednesday night.

Police have not described a motive.

Claude Phillip said he just saw

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Leonna Dalton-Phillip, 18, and Jean and John Dalton Sr., 65 and 70, were shot and killed Tuesday at the Daltons’ home on 37th Street, shown at top. The Daltons’ son, John Dalton Jr., 46, is accused in the slayings and was arrested Wednesday.

Relative accused in slayings served 11 years in prison for killing his wife in ’98

By Dan Golden and Joe Duggan
WORLD-HERALD STAFF WRITERS

Nearly two decades ago, John Dalton Jr. fatally shot his wife in Omaha and spent 11 years in prison.

Prosecutors had agreed to a manslaughter conviction, instead of a more serious murder charge, partly because they did not want to put the couple’s three children on the witness stand. In the end, Dalton was sentenced to 20 to 30 years, and under a state law that cuts most sentences in half, he was released in 2010.

Now Dalton is accused of killing three more relatives — his parents, John and Jean Dalton, and a niece, Leonna Dalton-Phillip — in a Tuesday evening shooting in north Omaha.

The parents had raised Dalton’s three girls after he killed their mother. Wednesday, the children

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U.S. MISSILE DEFENSE

Administration plans quick growth of interceptor system, despite flaws

TRIBUNE WASHINGTON BUREAU

WASHINGTON — Citing North Korea’s nuclear and ballistic missile threat, the Trump administration is moving to vastly expand the problem-plagued homeland missile defense system despite warnings that the upgrades may not succeed.

Immediate plans call for building two \$1 billion radar installations and adding 20 rocket interceptors to the 44 already deployed in underground silos at Fort Greely in Alaska and Vandenberg Air Force Base in California.

The Pentagon also is taking steps to launch new satellites to help each interceptor’s “kill vehicle” find, crash into and destroy

incoming ballistic missiles high above the atmosphere.

The expected cost is about \$10.2 billion over five years, on top of more than \$40 billion already spent for the system. Last week, Congress passed a bill that includes \$200 million to start preparing construction of additional missile silos in Alaska.

But government reports and interviews with technical experts suggest that the planned upgrades, including a redesigned kill vehicle, are unlikely to protect the United States from a limited-scale ballistic missile attack, which is the system’s mission.

One concern is the administration’s plan to build

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